

## Tízórai

**Málna tea**EN: 35.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 8.8 g;  
CK: 8.8 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Kapros margarin**EN: 54.0 kcal; ZS: 6.0 g; TZS: 1.9 g; SZH: 0.0 g;  
CK: 0.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**Kakaós rizsital**EN: 165.2 kcal; ZS: 3.0 g; TZS: 0.5 g; SZH: 33.5 g;  
CK: 15.6 g; FH: 1.0 g; SÓ: 0.2 g;**margarin**

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;

**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**Erdei gyümölcs tea**EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g;  
CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**magyaros margarinkrém**EN: 162.0 kcal; ZS: 18.0 g; TZS: 5.7 g; SZH: 0.0 g;  
CK: 0.0 g; FH: 0.0 g; SÓ: 0.4 g; CA: 0.0 mg;**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**Kígyóborka**

EN: 3.6 kcal; ZS: 0.0 g; SZH: 0.5 g; FH: 0.3 g;

**Citromos tea**EN: 36.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 9.0 g;  
CK: 9.0 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**Tavaszi felvágott**EN: 83.1 kcal; ZS: 7.2 g; TZS: 3.0 g; SZH: 1.0 g;  
CK: 0.2 g; FH: 3.6 g; SÓ: 0.7 g;**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**margarin**

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;

## Ebéd

**Sertéshúsos zöldborsóleves (12;)**EN: 248.0 kcal; ZS: 8.0 g; TZS: 1.5 g; SZH: 22.1 g;  
CK: 0.2 g; FH: 18.2 g; SÓ: 0.6 g; CA: 0.0 mg;**Tejben dara rizsitalból**EN: 207.5 kcal; ZS: 2.6 g; TZS: 0.4 g; SZH: 43.9 g;  
CK: 21.3 g; FH: 1.8 g; SÓ: 0.2 g;**Fahéj szórát**EN: 120.9 kcal; ZS: 0.0 g; TZS: 0.0 g; SZH: 29.5 g;  
CK: 29.5 g; FH: 0.0 g; SÓ: 0.0 g; CA: 0.0 mg;**alma**

EN: 35.0 kcal; ZS: 0.4 g; SZH: 7.0 g; FH: 0.4 g;

**Citromos almaleves**EN: 125.2 kcal; ZS: 0.5 g; TZS: 0.1 g; SZH: 28.3 g;  
CK: 11.0 g; FH: 0.9 g; SÓ: 0.0 g; CA: 0.0 mg;**Bácskai rizseshús**EN: 535.9 kcal; ZS: 25.4 g; TZS: 6.7 g; SZH: 56.1 g;  
CK: 0.0 g; FH: 21.2 g; SÓ: 1.2 g; CA: 0.0 mg;**Csalamádé (10;12;)**EN: 10.8 kcal; ZS: 0.1 g; SZH: 1.4 g; CK: 1.2 g; FH:  
0.5 g;**Zellerkrémleves (9;12;)**EN: 63.8 kcal; ZS: 1.9 g; TZS: 0.2 g; SZH: 10.3 g;  
CK: 0.8 g; FH: 1.1 g; SÓ: 1.1 g;**Parajos-csirkés tészta**EN: 310.0 kcal; ZS: 5.2 g; TZS: 1.0 g; SZH: 51.6 g;  
CK: 1.8 g; FH: 13.4 g; SÓ: 1.0 g;**Zöldségleves tésztával (9;12;)**EN: 65.8 kcal; ZS: 2.6 g; TZS: 0.3 g; SZH: 9.6 g;  
CK: 0.3 g; FH: 0.8 g; SÓ: 1.1 g; CA: 0.0 mg;**Egyben sertésvagdalt**EN: 203.9 kcal; ZS: 4.5 g; TZS: 3.6 g; SZH: 28.0 g;  
CK: 0.2 g; FH: 12.3 g; SÓ: 1.0 g; CA: 0.0 mg;**Fejtet babfőzelék (12;)**EN: 155.5 kcal; ZS: 5.3 g; TZS: 0.6 g; SZH: 17.5 g;  
CK: 1.3 g; FH: 6.4 g; SÓ: 0.9 g; CA: 0.0 mg;

## Uzsonna

**Padlizsánkrém (10;)**EN: 66.6 kcal; ZS: 6.2 g; TZS: 1.9 g; SZH: 2.0 g;  
CK: 0.1 g; FH: 0.6 g; SÓ: 0.9 g; CA: 0.0 mg;**Puffasztott rizs (ripsz-ropsz)**EN: 75.4 kcal; ZS: 0.4 g; TZS: 0.1 g; SZH: 15.7 g;  
CK: 0.2 g; FH: 1.6 g; SÓ: 0.0 g;**Paprika**

EN: 23.0 kcal; ZS: 0.2 g; SZH: 4.1 g; FH: 0.8 g;

**Sonkkrém**EN: 99.5 kcal; ZS: 8.7 g; TZS: 3.0 g; SZH: 1.1 g;  
CK: 0.6 g; FH: 4.2 g; SÓ: 0.8 g;**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**Jégcsapretek**

EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;

**Olasz felvágott**EN: 70.8 kcal; ZS: 6.0 g; TZS: 2.3 g; SZH: 0.6 g;  
CK: 0.0 g; FH: 3.6 g; SÓ: 0.7 g;**Abonett**EN: 34.6 kcal; ZS: 0.3 g; TZS: 0.1 g; SZH: 6.0 g;  
CK: 0.1 g; FH: 1.5 g; SÓ: 0.1 g;**margarin**

EN: 31.5 kcal; ZS: 3.5 g; TZS: 0.8 g;

**Tonhalkrém (4;10;)**EN: 137.9 kcal; ZS: 13.1 g; TZS: 4.1 g; SZH: 0.3 g;  
CK: 0.1 g; FH: 4.7 g; SÓ: 0.3 g;**Gluténmentes kenyér**EN: 206.0 kcal; ZS: 1.6 g; TZS: 1.2 g; SZH: 43.2 g;  
CK: 1.9 g; FH: 3.0 g; SÓ: 1.3 g;**Jégcsapretek**

EN: 4.5 kcal; ZS: 0.0 g; SZH: 0.7 g; FH: 0.4 g;